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THE DANIMAL GETS A LESSON IN SCORING DRUGS AT A HOSPITAL IN SKETCH-VILLE, (USA?)

PAGE 7

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Security game plan in place for CFL party

Painting the town green and white.
Festival organizers planning for wild Grey Cup Week crowds

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Bring on the fans!

Organizers say they're ready for a potentially wild week of Grey Cup celebrations in the Queen City, with throngs of Green and White supporters seizing a historic opportunity to cheer on the hometown Saskatchewan Roughriders in Sunday's CFL title game.

"This was the plan, for the Riders to win," Dave Pettigrew, chairman of the 101st Grey Cup Festival Committee, said on Monday while acknowledging that the Roughriders' participation in the championship game will certainly spur raucous celebrations in Regina.

"(There's) a little bit of apprehension, because it's cranked up just that much more."

More than 100 fans gathered in downtown Regina on Sunday evening for an impromptu celebration after the Riders beat the Calgary Stampeders in the West Division final to secure a spot in the Grey Cup game against the East Division champion Hamilton Tiger-Cats.

While the relatively tame celebration did not result in arrests, concerns continue to persist as to whether organizers will be able to maintain order and control amid the Grey Cup partying.

"That means there will be more people out and about … but we're ready," Pettigrew said of the festival's security regime.

"Our safety and security team are world-class, and have literally planned for this exact scenario."

Pettigrew, meanwhile, has invited fans to attend a "sneak peek" of the Riderville entertainment area set up for the Grey Cup Festival at Evraz Place on Wednesday afternoon.

Admission to the event is free with a non-perishable food donation to the Regina Food Bank.

For the rest of the week, however, attendees paying at the door will have access to the Evraz Place party venues for the Grey Cup festivities.

Saskatchewan's Grey Cup spirit is perhaps shown no more clearly — and no more boldly — than in this massive Rider Nation sign adorning the front lawn of a house on Regina's south Albert Street near the provincial legislature. The sign has plenty of Roughriders fans talking, and bending their necks while driving past it, following Saskatchewan's win over the Calgary Stampeders on Sunday in the West Division final to advance to the CFL championship game this weekend. **More Riders coverage, page 14.** ROSS ROMANIUK/METRO

Brock Lesnar a Riders fan

Fightin' spirit

Professional wrestling star and former ultimate-fighting competitor Brock Lesnar has his hopes on the Riders for the Grey Cup.

Lesnar, making at least his second trip to Regina in the past several weeks, said on Monday at the Saskatchewan legislature that he supports the Green and White, even while living in the U.S.

"I am a Roughriders fan. I've been coming to this province for many years, and have followed the team," Lesnar said, after arriving to "say hi to the premier" with John Hopkins of the Regina and District Chamber of Commerce.

Lesnar, who has a brother living and farming in southern Saskatchewan, said it's "a must" for people in the province to back the Roughriders. "If you're passing through Saskatchewan, and you're not, you might get beat up. But I don't know about me."

ROSS ROMANIUK/METRO

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"Number one job site" based on six-month average online job postings for period ending October 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

Future of school facilities draws concerns from NDP

Education Minister Don Morgan speaks to reporters at the legislature on Monday, saying that a multi-year approach to school capital needs is required. ROSS ROMANIUK/METRO

Upkeep. Opposition demands that Sask. Party take action on long-term maintenance

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Concerns over weakening school roofs and other problems with the buildings have spurred Saskatchewan's opposition New Democrats to demand a firmer commitment from the government on the education system's property upkeep.

NDP education critic Trent Wotherspoon used numbers produced by the Saskatchewan School Boards Association on Monday to charge that the Saskatchewan Party is doing little to nothing about an expectation that 75 per cent of the province's schools' roofs will likely fail within the next five years.

"There's no commitment, no plan for long-term capital for education in this province. And that's a big concern," Wotherspoon told reporters.

"And we see no funding, no commitment from the government to address those roofs or address all the other issues we're aware of — asbestos in schools, electrical issues. Quite simply, the government is sitting on the sidelines … at a time that we need to be advancing those projects."

However, Education Minister Don Morgan pointed out that the government of Premier Brad Wall has constructed 20 schools in the past six years — about half of the number that had been needed.

"We are concerned about anything that would cause a structural failure," Morgan said, suggesting it's uncertain that the school boards association figures are accurate.

Morgan also noted that the province recently announced a plan to build nine joint-use school buildings at various Saskatchewan locations.

"We inherited a $1.2-billion deficit on capital," he said.

"It's down now to about three-quarters of (that), which is still a huge number. So I think we want to work with officials and with the school divisions to try and put it over a number of years and try and identify where we need to go. I think a multi-year plan is appropriate."

Wotherspoon, though, said that even with the plan for the nine new school facilities, "the school boards made a statement that day and put out a release calling on the government to address, in an immediate way, the long-term repair and renovation of schools."

Cause for concern?

"There's no commitment, no plan for long-term capital for education in this province. And that's a big concern." NDP education critic Trent Wotherspoon

Meeting demand

Food institute gets $2M to tackle world hunger

The Viterra Inc. agriculture corporation made its largest funding announcement on Monday at the University of Saskatchewan.

President and CEO Kyle Jeworski said the company has committed $2 million to the Global Institute for Food Security (GIFS) to "develop agronomic benefits and sustainability benefits."

Ernie Barber, deputy director of GIFS, said the goal is to meet the growing worldwide demand for food.

He explained that the global population is seven billion and should increase by two billion over the next 40 years. METRO

Man. Hydro, SaskPower

Power giants reach $100M deal

The Manitoba and Saskatchewan governments have signed an agreement that will see SaskPower buy $100 million worth of electricity from Manitoba Hydro. This is the single largest power sale between the two provinces. METRO

Grey Cup commute

City, transit union reach tentative deal

The City of Regina has reached a tentative contract agreement with the Amalgamated Transit Union representing its bus drivers, averting a transit strike during this week's Grey Cup festivities.

"The city and the union met with a mediator over the weekend to come to this agreement," city manager Glen Davies said.

"This settlement will allow the city to continue to provide transit services to our many customers … and, of course, safe travel for those enjoying Grey Cup festival week."

The agreement has yet to be approved by council and the union's members. METRO

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50 Shades of Gross. Traces of drugs, STDs found on library books

KIERON MONKS
Metro World News in London, U.K.

Belgian researchers have discovered traces of drugs and sexually-transmitted diseases in a copy of the popular book 50 Shades of Grey in an Antwerp library. Toxicology professor Jan Tytgat, who ran chemical tests on the library's 10 most-borrowed books, said most of us should not worry.

Why were you doing this test?
We were approached by a TV production house, who were curious to know if there was evidence of micro-organisms or psychotropic substances in public libraries. It made me think, because we know there is cocaine on every U.S. $100 bill, and even on the surface of rivers, so it could have been a risk on children's books.

So we should stay away from books?
The message is very much that it's still good to go to libraries. There is 100 per cent evidence for cocaine but of no toxicological consequence, and the same for the bacteria — there is no danger.

But why is it there?
Hygiene is one reason; if people don't take care. Also, where books are stored can expose them to contamination.

So this is all totally fine?
I would worry about athletes, as the doping agencies have a zero-tolerance approach, but modern toxicologists can find a needle in a haystack. If you have contact with books, this can leave traces of substance in your system. In the absence of "cut-off" levels that we have in other disciplines, this could ruin careers.

Texas. Students to play game of 'Catch an Illegal Immigrant' on campus

The Young Conservatives of Texas announced Monday they will play a "Catch an Illegal Immigrant Game" this week on the University of Texas at Austin, drawing condemnation from Democrats and stirring passions over an issue that has vexed the border state.

The game is planned for Wednesday when club members will wander the campus wearing signs that say "illegal immigrant." Students who capture them and take them to the Young Conservatives' recruiting table will get $25 gift certificates. THE ASSOCIATED PRESS

Quoted

"The YCT is contributing to an environment of exclusion and disrespect among our students, faculty and staff."

Gregory Vincent, vice-president for diversity at the University of Texas at Austin

Ruling upheld

Black not allowed to speak to Order of Canada panel

The Federal Court of Appeal has dismissed an application by Conrad Black to personally address an advisory council weighing whether he should be stripped of the Order of Canada. In a decision Monday, the panel upheld a ruling that denied the former media baron his request to plead his case in person. THE CANADIAN PRESS

Montreal

Mayor aims to eliminate 'erotic' massage parlours

Montreal's mayor wants to get rid of so-called erotic massage parlours that have multiplied throughout the city. Denis Coderre says he plans to introduce a bylaw with hefty fines attached.

Erotic massage parlours often obtain a permit as a legitimate massage business, hiding their true purpose. THE CANADIAN PRESS

Toronto Mayor Rob Ford wags his finger at councillors as council debates a motion to limit the mayor's office budget Monday. DAVID COOPER/TORSTAR NEWS SERVICE

Rob Ford loses even more power

Toronto. Chaotic day ends with city council voting to slash mayor's budget, hand many duties to deputy

This means war

"Mark my words friends, this is going to be outright war in the next election."

Toronto Mayor Rob Ford, who also called council voting overwhelmingly to slash his budget and hand many of his duties to the deputy mayor a "coup d'état," and told councillors, "You guys have just attacked Kuwait."

An extraordinary debate marred by chaotic scenes saw Toronto city council strip Rob Ford of more of his powers Monday, an act he compared to the Iraqi invasion of Kuwait and a declaration of war.

As a shouting match erupted between Ford and members of the public, the besieged mayor seemed to charge a heckler but instead knocked down a female councillor, leaving her with a bruised lip.

The incident prompted yet another apology from Ford, who at one point was seen making drinking and driving gestures directed at a councillor who police had warned about impaired driving.

The incidents formed a noise backdrop to the unprecedented debate over neutering the badly wounded mayor.

Blasting what he called a "coup d'état," Ford said voters should be able to pass judgment on him, not his fellow councillors.

Ultimately, however, it made little difference and council voted overwhelmingly to slash Ford's mayoral budget and hand many of his duties to the deputy mayor.

At the provincial legislature, Finance Minister Charles Sousa called the "antics" in Toronto distressing but showed little appetite for any intervention. And for the first time, the prime minister's office weighed in, saying the government "does not condone illegal drug use, especially by elected officials while in office." THE CANADIAN PRESS

Calgary mayor to fight defamation suit

Calgary Mayor Naheed Nenshi said Monday he plans to defend himself from what he deemed as "outrageous damages" being sought by Shane Homes founder Cal Wenzel, whose $6-million defamation lawsuit against the mayor surfaced Friday.

Nenshi made the comments Monday afternoon, but said he still hadn't been formally served with papers.

The lawsuit largely centres on a surreptitiously filmed video of Wenzel and others in which they appear to be talking about how to get like-minded members elected on city council. It's alleged Nenshi used the video to make Wenzel a "straw man for gainsaying anyone with political views" different from the mayor's on land development and housing.

Nenshi said he finds the claims against him "extremely disappointing."

"Mr. Wenzel, through his own actions, is the architect of his own situation," he said. "He's the one who decided how he was going to try to influence the election. He's the one who decided to hold that so-called secret meeting. This lawsuit is extremely disappointing, but I'm not surprised by his use of legal action." ROBSON FLETCHER/METRO IN CALGARY

Calgary Mayor Naheed Nenshi speaks with reporters Monday afternoon. ROBSON FLETCHER/METRO IN CALGARY

The Penguin takes San Francisco Giants mascot Lou Seal hostage as Batman and leukemia survivor Miles Scott, 5, dressed as Batkid, seen in the inset below, give chase as part of a Make-A-Wish Foundation fulfilment at AT&T Park Friday in San Francisco. RAMIN TALAIE/GETTY IMAGES

San Fran Batkid baddie actually a Canuck, eh

Villain with a heart. Canadian speaks of 'amazing' day playing the Penguin for Batkid wish

MIKE DONACHIE
Metro in London, Ont.

If you're a vicious crime lord and 10,000 people have gathered to boo you, it's got to be a bad day.

But for Mike Jutan, it was the greatest day ever.

On Friday, the London, Ont., native became the Penguin, one of the villains defeated by the unstoppable Batkid in the inspiring story that's been wowing people all over the world.

"I work with Batman," said Jutan, a software engineer in San Francisco. By Batman, he meant Eric Johnson, who played the DC Comics hero to help the Make-A-Wish Foundation grant an incredible wish for five-year-old leukemia survivor Miles Scott.

"I had no idea it was going to be this big," Jutan said. "When I was asked to do it, I thought we would just put on some costumes and romp around a playground for 10 minutes for a little kid."

But as the planning continued, the event got bigger and bigger until Jutan, having kidnapped San Francisco Giants mascot Lou Seal, found himself snarling at a massive crowd from the back of a Bentley.

"We kind of closed down the whole city," Jutan laughed. There he was, standing in full costume as the Penguin, as he and his captive were driven from Union Square to AT&T Park, where the final confrontation took place.

Batkid and Batman arrived in their Lamborghini Batmobiles to take him down.

There was an obstacle course, a smoke bomb, a slide and a defeat for the Penguin in his secret lair.

As for Batkid, he's left a lasting impression on his archenemy.

"You could see the fight in his eyes," said Jutan. "What a strong-willed kid. He was amazing."

Dream come true

San Francisco became Gotham City for the day thanks to the Make-A-Wish Foundation.

- After a call from the chief, Batkid swung into action to save a woman tied to railway tracks, then foiled the Riddler's bank robbery and ended the Penguin's evil kidnapping plot.
- The day ended with the heartfelt thanks of the mayor and the key to the city.

- Batkid's secret identity is Miles Scott, 5, of Oregon, who is in remission from leukemia after fighting it for four years.

Daycare's lunch policy leaves a bad taste

SHANE GIBSON
Metro in Winnipeg

A Manitoba mother was surprised last year when her kids came home from daycare with a note informing her she'd be fined because the lunch she'd packed for them — complete with homemade roast beef, potatoes, carrots, an orange and milk — was unbalanced.

And the kicker for Kristen Bartkiw really came when she read how the daycare had balanced the lunches: Her five-year-old son and three-year-old daughter were each given Ritz crackers to make up for the missing grain required under the province's school-lunch policy.

"They have certain legislation that they have in place where you have to follow these food groups, but it doesn't matter how processed the foods are or if they're junk food … so Ritz crackers count as a grain," laughed Bartkiw, 33, who lives in Rossburn, Man., and actually happened to sit on the daycare's board when the letter came home last December.

"I phoned the daycare worker and said, 'You know, potatoes, surely I can get away with this,' and they didn't actually end up charging me the $10.

"But it was just the principle of the thing, that it was not considered a healthy lunch that I found ridiculous."

Bartkiw's story was made public Monday on an online blog.

While she understands the policy is intended to encourage parents to make sure their kids are eating whole meals, Bartkiw thinks in many cases the Canada Food Guide can be too broadly interpreted.

"I would encourage parents to not just blindly follow the Canada Food Guide, but really think about eating more real food and not packaged food."

Nutrition Policy

- **The provincial policy says "a nutritious meal (as outlined in the Canada Food Guide)" must be provided by daycares taking care of children for six or more hours a day, according to the province's website.**

Citizenship

Malta government to make public the names of passport buyers

Malta's government has rolled back one element of its controversial law to sell its citizenship for $916,500, saying it will publish the names of people buying their way into European Union passports.

THE ASSOCIATED PRESS

Public debate

Dick Cheney's daughters divided on gay marriage

Liz Cheney, who is running in a Republican primary for a U.S. Senate seat from Wyoming told Fox News Sunday she disagrees with her sister Mary Cheney, who is married to a woman, over the topic of same-sex marriage.

Mary Cheney responded on Facebook: "You're just wrong."

THE ASSOCIATED PRESS

Church trial

Methodist pastor defends officiating son's same-sex wedding

U.S. pastor Frank Schaefer, 51, who could be defrocked for officiating at his son's same-sex wedding, pleaded not guilty at a church trial Monday to charges he broke his pastoral vows.

Schaefer's supporters argue that church teaching on homosexuality is outmoded.

THE ASSOCIATED PRESS

Random biz fact of the day

200

First applications are received 200 seconds after a job is posted.
CAREERBUILDER

Market Minute

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Natural gas: $3.62 US (-6¢)
Dow Jones: 15,976.02 (+14.32)

Stay classy, Emerson College

It's kind of a big deal that Emerson College is changing the name of its school of communication. The college in Boston will rename the school — for one day only — the Ron Burgundy School of Communication on Dec. 4 to honour the fictitious television anchorman. Actor Will Ferrell, in character, is scheduled to share his path to journalism greatness with students. FRANK MASI/PARAMOUNT PICTURES/THE ASSOCIATED PRESS

Are we alone? Maven takes off to find out

NASA. Spacecraft due at the red planet by next fall will help scientists answer some existential questions

A rocket with Maven on board in Cape Canaveral, Fla. NASA/THE ASSOCIATED PRESS

NASA's newest robotic explorer, Maven, rocketed toward Mars on Monday on a quest to unravel the ancient mystery of the red planet's radical climate change.

The Maven spacecraft is due at Mars next fall following a journey of more than 700 million kilometres.

Scientists want to know why Mars went from being warm and wet during its first billion year to cold and dry today. The early Martian atmosphere was thick enough to hold water and possibly support microbial life. But much of that atmosphere may have been lost to space, eroded by the sun.

Maven set off through a cloudy sky Monday afternoon in its effort to provide answers.

A question underlying all of NASA's Mars missions to date is whether life could have started on what now seems to be a barren world.

"We don't have that answer yet, and that's all part of our quest for trying to answer, 'Are we alone in the universe?' in a much broader sense," said John Grunsfeld, NASA's science mission director. THE ASSOCIATED PRESS

21 and counting

Maven stands for Mars Atmosphere and Volatile Evolution, with a capital "N" in EvolutioN.

- It is NASA's 21st shot at Mars. Fourteen of the previous 20 missions have succeeded, the most recent being the Curiosity rover that was launched in 2011 and landed in 2012.
- That's a U.S. success rate of 70 per cent. No other country comes close.
- Curiosity's odometer reads 2.6 miles after more than a year of roving. An astronaut could accomplish that distance in about a day on the Martian surface, noted John Grunsfeld, NASA's science mission director.
- Grunsfeld, a former astronaut, said considerable technology is needed, however, before humans can fly to Mars in the 2030s, NASA's ultimate objective.

Here's a new one...

Watchdog puzzled by government underspending

Canada's budget watchdog is asking parliamentarians to get to the bottom of why the Harper government is spending less than it has been authorized.

The Parliamentary Budget Officer says the government has been unable to spend, or not spent, about $10 billion that was approved in each of the past three years.

The issue arises again, the PBO says, because the government is asking for an additional $5.4 billion to spend in the latest supplementary estimates and — given the record — it is unclear whether all, or any of it, is required.
THE CANADIAN PRESS

Across the pond ...

Rob Ford isn't the only leader with a video scandal

The Co-operative Group launched an investigation Monday into any "inappropriate behaviour" among its employees after a video emerged of the former chairman of its bank.

Britain's largest mutual society started the review after Paul Flowers apologized "to all I have hurt or failed by my actions," following the video released by the Mail on Sunday. The newspaper reported that Flowers was filmed buying crystal meth, cocaine and ketamine, days after a parliamentary committee grilled him on the bank's disastrous financial performance.
THE ASSOCIATED PRESS

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 12

metronews.ca/temp

West of our lives

Like oilsands through the hourglass ...

With Alberta's robust economy, buoyed by its resources, worker shortages have been a problem.

The Alberta Human Resources and Employment report of 2006 predicted a worker shortage of 22,000 in 2012; up to 70,000 by 2018; and 114,000 workers short by 2021.

The field that uses seasonal workers is the one that drives the economy: oil and gas. In 2012 there were nearly 40,000 temporary "camp workers" in Northern Alberta — more than 50 per cent of the entire population around the oilsands.

METRO IN EDMONTON

THE CANADIAN PRESS

Labour pains

Aging pop. means fewer workers

Long-term projections show that the labour supply growth is projected to fall from the current one per cent to 0.4 per cent between 2019 and 2030, recovering modestly to 0.6 per cent between 2031 and 2050.

THE CANADIAN PRESS

Temp Witnesses the Class Divide

Had there not been stab wounds and vomit everywhere, the hospital lineup could have been fun in a tailgate party kind of way. Our surprise neighbour was Darren, the vet I'd given 20 bucks to after lunch. He was holding a T-shirt up to a wound on his forearm.

"What happened?"

"I got into a fight with a raccoon over half a bucket of KFC I found beside the cheque-cashing mart."

"Who won?"

"He did."

"Here, have a stick of gum." I am nothing if not fresh.

Danimal was being a downer. "How hard can it be to get some painkillers?"

"Dan, there are many people here in far worse shape than you. Keep it down."

Darren advised, "If you're looking to score painkillers, man, don't overplay it."

"But I'm in genuine pain."

"Sure, sure. Half the people in this lineup are here just to score some Oxy, but if you overdo it, they'll just tell you to scram."

Dan is practical. "What do I need to know?"

"Tell them your pain is about 8 on a scale of 1 to 10. It hurts, but you've felt worse. And don't scream or make moaning sounds. It irritates them and they're relieved when they don't have to watch someone aiming for an Oscar."

"Good to know."

"And now we stand and wait."

And wait we did. About two hours in Dan asked, "Shannon, have you been here before?"

"No. But I did break my arm rollerblading in Boston four years ago — go Red Sox! Cost me $19,000, and I'll be in debt until I'm 40. It's why I can't do what I really want to do in life. But I do have a Saint Eustace loyalty card you can borrow if you want."

"Was the emergency area as crowded as this four years ago?"

"Worse. There was a full moon that night."

Finally, it was our turn. Once we hit the front, Dan took a step and something inside him went sideways — he bellowed like a pirate, scaring even me.

"Sir!" said the intake nurse. "This is a hospital. I'll politely ask you to lower your voice."

"My stomach — God, it's like a tractor's driving over it."

"You're in a great deal of pain, are you?"

"Yes. Some idiot slugged me in the sternum."

"I got into a fight with a raccoon over half a bucket of KFC I found beside the cheque-cashing mart."

"Where did this happen?"

"In a bar."

It didn't take a genius to see Dan was making a bad impression.

"How would you describe your pain, sir?"

"About 8 on a scale of 1 to 10."

The nurse buzzed a security guard. "You're the 10th person tonight to describe your pain that exact same way. I'm afraid I can't help you in your quest for pills, sir. Next!"

Out on the street Darren commiserated. "Sorry dude. Take two of mine."

Dan grabbed them and chewed them like Mentos. Then he collapsed.

TO BE CONTINUED ...

Random fact of the day

- A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.

SOURCE: DIDYOUKNOWARCHIVE.COM

Random biz fact of the day

18 mos.

It's hard being at the top — 40 per cent of executives hired at the senior level are pushed out, fail, or quit within 18 months.

SOURCE: NEXCAREER

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TARGET MARKETING MISSES THE MARK

SHE SAYS

Jessica Napier
metronews.ca

For over a decade, the PR masterminds at Victoria's Secret have been transforming what is essentially an hour-long television commercial into a highly publicized pop culture event complete with social media hashtags and at-home viewing parties.

This year's installment of the annual holiday fashion show doesn't officially air on prime time television until Dec. 10. But the body glitter-encrusted spectacle exploded all over Twitter and Instagram in real-time during last week's taping, which means I've had plenty of time to consider whether or not the latest $10-million Royal Fantasy Bra is machine washable.

As always, this year's show featured a cast of beautiful supermodels strutting down the runway in six-inch heels and barely-there outfits which only sort of covered their impossibly perfect bodies. And while I know that these ethereal Angels live in a different realm of reality than us mere mortals (I have some suspicions that Candice Swanepoel might actually be a fembot), I'm happy to indulge in a little escapism and take a peek into their world for this yearly event.

Over the course of the night, I watched as bombshell beauties modelled outrageous lingerie adorned with Swarovski crystals, patterned latex and faux fur details. Outfits were topped off with tiny novelty hats, intricate snowflake headpieces and an abundance of iconic feathered wings.

I understand that the runway show is intended for highly conceptual designs rather than the mass marketed thongs you might find in the "5 for $25" basket at your local mall, but so much of this year's costumery veered away from beautiful fantasy and straight into WTF territory.

I had a particularly big problem with latest collection from the brand's PINK line, which is geared towards a younger 15-to-22-year-old demographic. The sexed-up outfits were accessorized with large emoticon-faces, graphic text-speak acronyms and plenty of innocent childlike imagery.

The assortment of bizarre ensembles sent a very confusing and unsettling message about youth, sexuality and popular culture.

Is this a desperate attempt to target the teenage market by jumping aboard the sexting trend? Was there a backroom full of market researchers who decided that people must be fantasizing about incorporating Japanese emoji symbols into their bedroom attire? Far from sexy, these technology-inspired, technicolour outfits were silly at best and at worst, infantilizing.

I can't be the only person who felt uncomfortable watching adult women prance down a runway in juvenile ensembles that looked as if they had been produced by a group of glue-gun wielding 12-year-olds on an intense sugar high.

The audience tunes in to see something luxurious and glamorous; don't send out hyper-sexualized Punky Brewsters clad in the wackiest wardrobe choices you can come up with and expect me to get on board.

I'm happy to admire a highly implausible, sequined, nude bodysuit modelled on a genetically perfect specimen, but watching a grown woman strut around with balloons shaped like happy faces and ice cream cones tethered to her zebra-print panties is just too much for me.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Scenic landscape or wavy ocean?

ROB ETZEL/SOLENT NEWS

Photo of colourful sunrise deceives

A panorama of rolling hills looks like gentle ocean waves as the sun rises over the farmland. The only signs of life disturbing this tranquil scenery are the outlines of lonely roads and isolated trees. This amazing image by American photographer Rob Etzel was taken in the Palouse region in Washington. **METRO**

Q & A

Dew creates deep green reflection

ROB ETZEL
Software professional and photographer, from Portland, Ore.

How did you capture the oceanic, wave-like feel to the landscape? It was all about where and when I took the photo. I had to hike up and through soaking wet, waist-high wheat fields to get a perfect vantage point — and do this before 5 a.m. when I took the image. In the morning, the dew and water from the irrigation create a deeper green and almost blue reflection off of the wheat fields.

Rolling hills not rocky water

99%

of the Palouse region (area: 5,000 square kilometres) has been converted from grasslands and savannas to agricultural land. The Palouse region is the most important lentil-growing farmland in the U.S.

Clickbait

ANDREW FIFIELD
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This month has been a very good one for mobile gaming so far, from premium (for the App Store, anyway) epics to free addictions that will demand daily attention. Here's three that have been eating up our time.

Oceanhorn protagonist
CONTRIBUTED

Tiny Death Star:

The publisher name says Disney Mobile, but this is a Nimblebit joint through and through. Like Tiny Apartment and Pocket Planes before it, TDS is all about obsessively building an economy from scratch — in this case managing individual floors of the Death Star and the residents and employees who live there. Obsessive being the key word here, at least for a week or so. (iOS, Android/Free)

Oceanhorn:

A Zelda clone that's also among the most graphically beautiful iOS games ever made. Everything you would expect from a Link adventure — dungeons, treasures, special items — is here, save one unfortunate omission: The clever puzzles are replaced with repetitive tasks and environmental engagement is lacking. But, it's still a worthy and fun attempt at an epic adventure and as close as you're going to get to a Zelda on mobile. (iOS/$8.99)

Boom Beach:

Supercell's follow-up to the absurdly profitable Clash of Clans doesn't finagle with the formula. Once again, you're in charge of growing and commanding an army that, depending on your skills as a general, will conquer enemy islands while keeping your own safe and sound. Just as addictive as Clash, but even early on, the strategy seems deeper. (iOS/Free)

Letters

The media and other politicians can save their breath as far as Toronto Mayor Rob Ford's supporters go, it's pretty clear by now that the more 'convincing' is attempted, the more they dig their heels in, in his defence.

There is still the question of what's next, and that is the most important aspect of this issue, and the one that seems to be least considered in all the print spinning around this fiasco.

A single candidate with a vision and a sense of diplomacy, an appreciation of the tremendous polyglot wealth that makes up the Greater Toronto Area, and not ten months from now, but now. If there are two or three strong contenders in a campaign against Ford next fall, he clearly has what he needs to cruise right back in while they posture amongst themselves and their assorted backers, and then each blame the other for siphoning support.
Jeremy Gauthier, Hamilton, Ont.

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Send us your comments: reginaletters@metronews.ca

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DVD review

The World's End

Director. Edgar Wright

Stars. Simon Pegg, Nick Frost, Martin Freeman

●●●●○

The World's End has an alien invasion, nasty robots, apocalyptic visions and riotously over-refreshed pub crawlers. The scariest thing about it, though, is the unspoken "3" in the title. The final chapter of a movie trilogy rarely works, much less argues the case that it's the best of the three. Not to worry. Concluding their whimsical Cornetto Trilogy of horrifying British foibles, which began with Shaun of the Dead in 2004 and continued with Hot Fuzz in 2007, writer/director Edgar Wright and his co-writer/actor Simon Pegg hit the finish line with pens and guns blazing. And whilst skillfully splicing comedy with sci-fi (a lad's reunion pub crawl collides with an alien invasion), The World's End delivers a pleasant jolt: these guys have actually grown up. The genre-savvy Wright and Pegg have reached middle-age, along with actor chum Nick Frost and other troupe regulars, and there's a bittersweet ripeness to their outlook.

PETER HOWELL

Tokyo Story

Director. Yasujiro Ozu

Stars. Chisu Ryu, Chieko Higashiyama

●●●●●

The original 1953 trailer for Yasujiro Ozu's gentle masterpiece speaks of the "boundless joy and endless grief" of parenthood, a statement that won't sound contradictory to anyone with children. Nowhere are these competing emotions more eloquently expressed than in Tokyo Story, a regular Top 10 finisher in Sight & Sound magazine's decennial poll of film critics and directors ranking history's top films. A new Criterion release on 4K digital Blu-ray gives Tokyo Story its best-yet home video release.

PETER HOWELL

Nev Schulman and Max Joseph are the hosts of MTV's Catfish: The TV Series. CONTRIBUTED

On love and lies and a pair of online spies...

Catfish. Metro sits down with the duo who give online romances a big reality check

MICHELLE CASTILLO
Metro World News in London

Realizing that the person you fell in love with isn't perfect can be devastating. Finding out they aren't who they said they were — on TV — is a whole different beast.

For people who have been "catfished" — the slang term for falling in love with someone's fake online persona — reality can be dream-crushing.

We spoke to Nev Schulman and Max Joseph, co-hosts of MTV's Catfish: The TV Series about why it is so easy for people to get duped online. The topic hits close to home for Schulman, who was catfished himself and starred in the 2010 documentary Catfish.

Do you think a lot of people found it hard to believe the Catfish movie was real? You hear the same thing about NFL linebacker Manti Te'o or any of these Catfish episodes.

Max: I can understand when the movie came out that people thought it was too crazy to be true, and also the fact that people were filming it every step of the way also seems far-fetched. If you knew the whole story, you knew that those guys — Nev's brother and Henry — film everything so the film actually turned into something.

I think what's most interesting is that after the movie came out — forgetting all the controversy if it's real or not — what was even more stunning was the amount of emails that Nev and everyone who made the movie started getting about the exact same experience from people who had a "catfish" situation or was in one. The outpouring of people who identified with these situations was overwhelming, and that's really what gave birth to the show.

Why do you think people can suspend disbelief when they think they have a good thing with a significant other?

Nev: In a lot of cases people who find themselves wrapped up in relationships online are people who are looking for something in their life that they don't have — that might be a career, that could be an experience, that could obviously be a relationship.

Max: We talk a lot about how mystery is the greatest aphrodisiac. Something we've found out about the show is that when someone only tells you bits and pieces, human nature is to fill in the rest of our own fantasy of who we want the other person to be. It's very easy to do that online. You project onto this person whoever you want. You convince yourself that they are that dude.

Out of all your episodes on the show, was there just one person's case that you thought, "There's no way this could be real"?

Max: Yeah! A lot! There's definitely a bunch of common red flags that we see a lot. Any guy that has perfect abs, that's a red flag. We've never seen that work out where a guy has perfect abs, and it turns out to be the guy.

Also if they say that they are a model of any kind or a hip-hop star or if they're in the same city and they can't meet up for some reason, they are definitely not who they say they are. If they can't get on a web chat like Skype, they're definitely not who they say they are.

Nev: But that's not true Max! I think the one time we were sure was there was a guy who (couldn't) get the other person on the phone! If they can't have a phone conversation with you, then they are absolutely not who they say they are. And if they say they are a guy, then they're probably a girl that's pretending to be a guy.

I'm one of those people who really wishes for a happy ending. Was there any case that you really wished it was true?

Max: We wish all of them are true! We spend a lot of time with them. We embed ourselves in their lives. We want nothing more than their wishes to come true. Sometimes they seem like they could come true. We're always rooting for the happy ending.

Bro love

OK, now the real question everyone wants to know. What's up with the bromance between you two? Are you kind of surprised that there are conspiracy theories that you two are really together?

- Max and I talk about this a lot. We play with it, and certainly have fun with it. If you really want an answer, obviously the answer is we're both straight. We both have girlfriends.

Zac Efron

Mouth on the mend with a little help from a friend

Zac Efron is on the road to recovery after breaking his jaw, but it is not an easy one. "I have been at his house every day and I have been making him soup. He has been drinking it through a straw. He has to eat through a straw on a syringe. It's horrible," director Adam Shankman says of Efron, who had his jaw wired shut following a slip and fall at his L.A. home that resulted in his broken jaw. "He's like my little brother, has been since Hairspray, so I talk to him like a little brother, which means I give him a lot of s—."

Baldwin's daughter has her father's back

Ireland Baldwin

Ireland Baldwin is sticking up for her dad, Alec Baldwin, in the wake of his alleged use of homophobic language during an altercation with a photographer. "For someone who has battled with anger management issues, my dad has grown tremendously. My dad is far from a homophobe or a racist," the 18-year-old model posted to Twitter. "It takes a lot of strength and support for someone to grow and become a better person. We all say things we don't mean. We all say things we can't take back."

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Man makes off with serious booty using simple celebrity scheme: TMZ

An unidentified man has reportedly made off with thousands of dollars in stolen jewels just by dropping Nick Cannon's name, according to TMZ. The thief, who called himself "Michael," reportedly called retailer Fred Segal claiming that Cannon needed some jewels for his wife, Mariah Carey, and asked that they be delivered to the Roosevelt Hotel in Hollywood. A woman from the store obliged, handing the bounty off to a man at the hotel who appeared to be a security guard who said he would return with cash for the jewels. Unfortunately, that was the last the Fred Segal employee saw of the man.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The Lady Gaga Q&A

GABRIELA ACOSTA SILVA
Metro World News in Mexico

With Artpop available now, we grabbed a few minutes with the singer to discuss the hype — and the costume changes.

So we're guessing art, pop and culture are influences in your life?
And they blend together. It's like saying that you and me can be together, or me and my fans — we can all be together in one space and live despite differences or colours. Pop and art are not in conflict with culture; they are part of each other. So the intention of the album was to put art culture in pop music, a throwback to Andy Warhol.

Give us three words to describe Artpop.
Hate, love and sensuality.

Reviews have been a bit harsh.
The reviews do not bother me, but the rumours or gossip do. Fame provokes a negative energy that causes instability in me. But I am a woman facing something new every day and, despite constant attacks to me, there is always something good, like my little monsters, who are always there.

The makeovers — are they a disguise? Some type of shield?
Yes, I have many costumes (laughs). That is Lady Gaga. I'm always on the defensive in my professional side. I always wear different clothes and change my outfit to feel stronger. Depending on the day, I am the person I am. If one day I feel weak I will change my hair three times and I will feel like a superwoman. It doesn't matter the colour of hair — it's what makes me feel like a strong woman.

Trading twirls for leg lifts

Dig deep and embrace your inner dancer with this new exercise routine. CONTRIBUTED

Trend. Madonna loves it, Taylor Swift and Natalie Portman do it — but what the heck is ballet barre? Metro tries out a class and gives you the lowdown

ROMINA MCGUINNESS
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A dancer's body is strong, lean and flexible — we all saw Natalie Portman and Mila Kunis in Black Swan. Who wouldn't want that? Luckily, ballet-inspired classes, called ballet barre, are becoming increasingly popular with the fit-but-not-necessarily-coordinated crowd. Although the workout incorporates elements of pilates, yoga and cardio exercises, it's very much about ballet. And don't worry, most of the time you'll be able to clutch the barre for support.

Whether you're in New York, London or L.A., all ballet barre classes will be structured in (more or less) the same way.

At the Barre Toned Studio in London's Notting Hill, Daft Punk and Pharell's Get Lucky is blasting in the background (some exercises are done on the beat), and instructor Katharina Klaus is getting the class warmed up with a series of leg lifts and bicep curls.

The workout incorporates a number of different styles. CONTRIBUTED

She has her microphone on and will shout at you if your posture is off or you're not lifting your heels high enough — motivating for some, irritating for others. After that, everyone grabs hold of the barre to work the thighs.

"Your thighs are your largest muscle group, so working them uses up a lot of calories," Klaus tells us.

At this point in the class, you won't be able to ignore the burn in your quads. For us, the pain was excruciating.

"As soon as we're done with one set of exercises, we stretch. You need to do this when the muscle is still warm, as this will elongate it further and increase flexibility," she explains.

The class then moves to the floor, where Klaus makes us do moves such as the pretzel, floor core and round back to simultaneously work our legs, the core and the waist.

"After round back, we go back to our mats and focus on targeting different abdominal muscles, and mainly the rectus abdominis (your six pack) and the obliques," says Klaus.

Finally, the class closes with a yoga prayer.

All that leg lifting and ab crunching will help you become more toned, flexible and, with time, help you lose weight. According to Klaus, you can burn up to 400 calories in one class.

"You're basically chipping away at any excess fat, toning and lengthening your body as you go along," she tells us.

Yes, even you can develop poise, and lightness of step. Watch out Mila.

The ballet barre playlist

- **Get Lucky.** Daft Punk featuring Pharrell
- **Stay.** Rihanna featuring Mikky Ekko
- **Starships.** Nicki Minaj
- **The Other Side.** Jason Derulo
- **Work Hard Play Hard.** Wiz Khalifa

Best Health

Crazy about these nuts

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the November/December issue of Best Health, we show how different nuts stack up in terms of calories, fat and excellent health benefits. All nuts are cholesterol-free and contain heart-healthy omega-3 fats, but they have other advantages, too.

Hazelnuts
These are rich in manganese, an antioxidant with anti-aging properties. Also high in mono-unsaturated fat, the same kind that's in olive oil. One hazelnut has 8.5 calories and 0.8 grams of fat.

Peanuts
They are technically legumes, but just seem to belong in the nut bowl. Peanuts have more protein than any other nut. One peanut has six calories and 0.5 g fat.

Almonds
An antioxidant in almonds protects cells and tissues from diseases such as cancer. And a handful of almonds is a filling snack. One has seven calories and 0.6 g fat.

Pistachios
One ounce of pistachios (49 nuts) has as much potassium as an orange; potassium helps with digestive and muscular function. One has 3.5 calories and 0.3 g fat.

Chestnuts
They are high in complex carbohydrates and keep energy levels steady, while maintaining a healthy nervous system. One has 16 calories and almost zero fat.

Walnuts
Walnuts contain alpha-linolenic acid, an omega-3 that helps maintain brain health and reduce inflammation. A walnut half has 15 calories and 1.4 g fat.

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Make the quintessential fall side dish the star of the show

Too often, squash is cut into chunks, then either seasoned and roasted or steamed and mashed. And while both approaches can be delicious, they get tedious year after year. They also don't do the squash justice.

To reinvent the typical squash dishes, here is something with a bit of backbone — Something that stands out and doesn't resemble every other, or any other, dish on the autumn table.

A simple, savoury squash tart is the answer. Not only is it easy to make, it can be prepared ahead of dinner, then briefly reheated just before serving.

Savoury Butternut Squash Tart

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 9-inch prepared (rolled) pie crust
- 1 3/4 lbs peeled and cubed (about 1/2-inch cubes) butternut squash
- 3 eggs
- 1/4 cup grated Parmesan cheese
- 2 tbsp brown sugar
- 1/2 tsp dried thyme
- 1 tsp salt
- 1/4 tsp ground black pepper

1. Heat the oven to 350 F.

2. Unroll the pie crust and set it over a 9-inch tart pan with removable bottom. Gently press the crust into the pan and up the sides. Using your fingers, crimp and remove any excess dough. Refrigerate the crust.

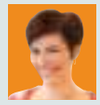
3. Fill a medium saucepan with 2 inches of water, then fit it with a steamer basket. Set the squash in the steamer basket, then bring the water to a boil. Cover and steam the squash until very tender, about 15 minutes.

4. Transfer the squash to a blender or food processor. Process or blend until mostly smooth. Add the eggs, cheese, brown sugar, thyme, salt and pepper, then process again until very smooth.

5. Remove the crust from the refrigerator and set it on a rimmed baking sheet. Carefully pour the squash mixture into the crust, then bake for 25 minutes, or until set at the centre. Cool slightly before cutting into slices. THE ASSOCIATED PRESS

Health Solutions

Elk vs. deer in the kitchen



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I had to call my butcher buddy Sam Gundy, co-owner of Olliffe Butcher at Yonge and Summerhill in Toronto, to discover the difference between elk and deer meat.

They are, indeed, different breeds but are culinarily and nutritionally similar.

- Both are farmed and mostly grass fed.
- Elk is more widely available in pepperette and burger form.
- Both are much more lean than beef.
- Each is equally tender.

First timers would be well advised to purchase a cut other than the precious tenderloin and stew it with hearty flavours like mushrooms and red wine. Work your way up to a tenderloin or rib roast.

Generally, leaner cuts fare better with a low and slow method without salt. Salt can draw moisture from the meat, so salting after it is cooked or using a sauce containing salt will steer you in the right direction.

Get it? Steer?! Oh, wait, that's a cow.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Squash Ratatouille Au Gratin: reinventing a French classic

Ratatouille is a classic French country dish of vegetables cooked in their own juices until tender. This recipe offers a unique twist using squash.

1. Preheat oven to 350 F.

2. Cut spaghetti squash in half lengthwise, remove seeds with a spoon and, using fork, pierce holes all over the spaghetti squash surface. Brush halves with olive oil. Season with salt and pepper, to taste.

3. On baking tray bake squash halves for 90 minutes.

4. To prepare ratatouille, sweat and brown all vegetables and garlic separately with olive oil. To do this, cook chopped vegetables in oil at low temperature and avoid browning to remove some or all natural juices. Season with salt, pepper to taste.

5. Place all vegetables in a large pot and add the box of Antonella's Tomato Basil pasta sauce and red wine.

6. Simmer on the stove for 25 minutes. Adjust seasoning while cooking and add fresh, chopped basil.

7. Once the spaghetti squash is ready, use fork to scrape flesh into spaghetti-like strings. Be careful while scraping, as squash shell will serve as bowl.

This recipe serves four. COURTESY ANTONELLA'S PASTA SAUCES

8. Place squash strings back into the empty squash shells. Then add ratatouille and sprinkle with Parmesan and bread crumbs. Broil until golden brown.

COURTESY ANTONELLA'S PASTA SAUCES

Ingredients

- 1 medium spaghetti squash
- Olive oil
- Salt and pepper, to taste
- 1 small eggplant, diced
- 1 zucchini, diced
- 1 small onion, diced
- 3 garlic cloves, finely chopped
- 1 red pepper, diced
- 1 box (750 ml) of Antonella's Tomato Basil pasta sauce
- 1/2 cup of red wine
- Fresh basil, to taste
- 1 cup freshly grated Parmesan
- 3 to 5 tbsp bread crumbs

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Embracing the $200,000 baby

Young breadwinners.
Is the next web sensation in your house right now? Here's how to manage the potential pitfalls

MICHELLE CASTILLO
Metro World News

When David DeVore uploaded a video of his son acting loopy after a visit to the dentist, he never imagined that it would become one of the most popular YouTube videos of all time. In fact, he only meant to share it privately with his family, but didn't configure the privacy settings.

"I had no idea what was going to happen," he says. "It was just more of a convenience thing." Then boom. After going viral, the video has nearly 120 million views, netting the family more than $100,000 US in ad revenue. DeVore quit his job as a real estate agent and is now a full-time parent and manager of the David After Dentist blog.

Mobile app millionaire Nick D'Aloisio, age 17. GETTY IMAGES

Charlie Bit My Finger has earned close to $200,000 US. YOUTUBE

DeVore got lucky — like the dad behind Charlie Bit My Finger, which has netted that family close to $200,000 US. Predicting what will be a hit is tricky, however, and raises the ugly question of whether you're exploiting your child. Here are a few rules to live by:

Don't be obviously fake
The woman who covered the house in flour, pretending the children did it, netted 4 million views — and a ton of backlash that resulted in a non-starter.

Encourage your kids to get behind the camera
Nick D'Aloisio of London was nine when he cut his first film. He learned to program at 11. At 15, his news app, Summly, was funded by venture capitalists, and later sold to Yahoo! for $30 million US.

But still treat them like kids
D'Aloisio still relies on an allowance from his parents.

Be mindful of exploitation
Would you like someone putting up a video of you pooping your pants, or singing about R2D2? "(David) seems to have really embraced his fame," says Katie Elson Anderson, author of the study Configuring Childhood on the Web. "But when he's 20 or 30 looking for a job, how is his fame going to impact him then? We still don't know," she says.

A YouTube video of David DeVore Jr.'s reaction to anesthesia after a visit to the dentist has earned his family more than $100,000 US in ad revenue. GETTY IMAGES

DeVore says he doesn't force his son to get in front of the camera. "There's temptation there to cram the channel with a lot of different videos, but I would feel uneasy about it."

For the record, DeVore still posts videos of David, but only at his son's request. "To me, it's just a natural evolution of it," he says. "As YouTube goes more and more mainstream, I have no problem with it as long as the kid is enjoying it."

Taking care of business — part time

Temporary often becomes full time.
Temps can be an important asset. Here are 5 ways to make them feel at home

MIKE DOJC
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Here today, gone tomorrow temps don't always get the same introductory fuss as permanent employees. Companies that don't put enough effort in welcoming temporary workers into the fold may not only be losing productivity but also missing out on a valuable future hire.

Onboarding icebreakers
For temps to be effective they need to be just as much a part of the team as everybody else. "It goes way beyond (knowing) their name. I make a point of the team getting to know the person because they're going to work together," explains Lynn Roger, senior vice-president and chief talent officer at BMO Financial Group.

Make an effort

"It goes way beyond (knowing) their name. I make a point of the team getting to know the person because they're going to work together."

Lynn Roger, senior vice-president and chief talent officer at BMO Financial Group.

"A temporary employee is filling a need. That might be for a couple of weeks or that might be for three months. Often times we actually convert temporary employees into permanent employees," explains Roger.

Never skimp on orientation
"Temporary professionals can contribute a lot more, more quickly, if they have a clear understanding of what is expected from them," weighs in Nicole Parrotta, branch manager at Robert Half's Calgary office. Be sure to give the lay of the land and offer clear direction on the project, the deadlines, and the frequency of required follow-ups. Taking the time to properly set expectations will pay long-term dividends for the company.

Encouragement goes a long way
Whether it's genuine praise for a job well done or constructive criticism to get them back on track, temps typically are putting their best foot forward and want to know if they're performing up to snuff. Plus, providing feedback is a developmental opportunity. "It's about staying in touch with the person. Give them positive feedback and positive reinforcement. But also be able to answer questions," says Parrotta.

Buddy up
Assign a temp to an office buddy who thoroughly understands the scope of the work they will be doing. The bud can also act as their point of contact and help them navigate their work environment, especially useful in a large office. "It's a small price to pay to make sure they're set up for success even if they are a temporary employee because it could be very temporary that they're temporary," explains Roger.

It's your temp's first day. How are you going to welcome and integrate him or her into office life? ISTOCK

Long-term conversion potential
Many temps do what they do because they are trying to get their foot in the door and gain an understanding of corporate culture at various companies. The biggest reason many temp is that if you do a great job and play your cards right, there's always the potential it could lead to something more. "If I have a really great temporary resource that comes and joins my team and unfortunately I don't have anything else for them, I would actually encourage them to network and I would open doors for them," says Roger.

Riderville inspiring championship drive

Grey Cup Week.
Roughriders say they can handle spotlight of title game on home turf

The Saskatchewan Roughriders say they can stay focused amid the hype of playing the Grey Cup on home turf in front of their notoriously rabid fans.

Hundreds of fans took to the streets in downtown Regina after the Riders beat the Calgary Stampeders in the CFL West Division final and earned a spot in the Grey Cup.

Riders running back Kory Sheets got a first-hand glimpse of the enthusiasm after the flight back from Calgary late Sunday night.

"You know, it was funny, me and Terrell Maze were walking through the house last night, somebody stopped their car and got out and was screaming and yelling. It was like, 'Congratulations. Yay!' And then they just got back in the car and pulled off," Sheets said with a laugh at a news conference Monday in Regina.

"I'm expecting a lot of that this week."

Sheets, who signed with the Riders in February of 2012, has never been in Saskatchewan when the team has made it to the Grey Cup. In fact, he says he hasn't played in a championship game since high school.

He says he's getting advice on how to handle the situation from veterans such as quarterback Darian Durant.

"Darian was telling me last night it's going to be crazy, just might as well soak it all up," Sheets said.

The Riders face the Hamilton Tiger-Cats in this year's championship game on Sunday at Mosaic Stadium.

Riders head coach Corey Chamblin says players and coaches both know they can't let this week become a distraction.

"The team's been pretty focused," said Chamblin.

"We're staying in the hotel. I'll do a good job of curfewing the guys and making sure their mindset's there, and staying on their butts and making sure that we practise the right way. But this is a focused group and I think they understand that we've come through a lot to get here and don't let anything derail us now."

The Riders last won the Grey Cup in 2007, but were finalists in '09 and '10.

Sheets says the fans will bring a hometown advantage on Sunday.

"This is not a neutral site and it's not going to be a neutral-site game," Sheets said. "Our fans are going to be crazy and if they're not in the game, they're probably going to be standing outside watching the game from the fences. I'm expecting it to be loud and crazy and the 13th man to show up in our favour." THE CANADIAN PRESS

Roughriders running back Kory Sheets celebrates Sunday night's West Division final win over the Calgary Stampeders at McMahon Stadium. Sheets says he's expecting Riders fans to help push the club to a championship against the Hamilton Tiger-Cats this Sunday at Mosaic Stadium. JEFF MCINTOSH/THE CANADIAN PRESS

Veteran know-how

"For the most part, that locker-room, they've all been in Grey Cups and they understand it and they understand what it takes to win it."

Roughriders head coach Corey Chamblin, on his team's approach

A first for Mosaic

1st

This marks the third time Saskatchewan has hosted the Grey Cup, but the first time the Riders will play in the big game at home.

Sheets' stat sheet

Kory Sheets will be a key factor in this year's Grey Cup game.

- Sheets led Saskatchewan to the CFL title game, rushing for 177 yards and a TD in a convincing 35-13 win over the Calgary Stampeders in the West Division final.
- The Riders swept the season series with Hamilton 2-0, with Sheets leading the way.
- Sheets rushed for 130 yards on 24 carries in Saskatchewan's 37-0 home win over Hamilton on July 21, then ran for 140 yards on 25 carries in a 32-20 victory over the Ticats on July 27 in Guelph, Ont.

PM's pick

Harper can't peg winner between Riders-Ticats

Prime Minister Stephen Harper isn't picking a winner for this weekend's Grey Cup showdown.

Harper told CJOB radio in Winnipeg he's going to stay neutral.

He says he's going to be at the game and expects it will be a good one. THE CANADIAN PRESS

CFL

"The (Stampeders) teams that were 15-3 back in the '90s, who is going to remember those teams?"

Stampeders running back Jon Cornish, lamenting Sunday's loss to the Roughriders in the West Division final.

Cycling

Armstrong accuses UCI head of planned coverup

Lance Armstrong claims former International Cycling Union president Hein Verbruggen instigated a coverup of his doping at the 1999 Tour de France.

Armstrong told Britain's Daily Mail newspaper in an interview published Monday that Verbruggen insisted "we've got to come up with something" to explain his positive tests for a banned corticosteroid.

Cycling's governing body, the UCI, appeared to ignore its own anti-doping rules when it accepted Armstrong's backdated prescription for a cream to treat saddle sores. That allowed Armstrong to continue in the race and he went on to win the first of his seven Tours.

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Horoscopes

♈ Aries
March 21 - April 20
You have higher standards than most but no one expects you to be perfect, so try not to expect it of yourself. Even an Aries has limits, so lower your sights a little and remind yourself that you are human.

♉ Taurus
April 21 - May 21
You won't be able to put a foot wrong today, but that won't stop you from treading on some toes — deliberately! Mars and Jupiter combine to give a boost to your ego and make you feel you are unbeatable.

♊ Gemini
May 22 - June 21
You may be feeling guilty because everything seems to be going well for you while friends and family appear to be struggling. Remember, they are not struggling because of you.

♋ Cancer
June 22 - July 23
Be careful when dealing with people in positions of power because they are unlikely to tolerate criticism, even if it is justified. You may think that certain decisions are stupid but keep your thoughts to yourself.

♌ Leo
July 24 - Aug. 23
You have done more than your share of the heavy stuff recently. Take a break and don't feel guilty. What is it you want to accomplish? Get on it and ignore everything else.

♍ Virgo
Aug. 24 - Sept. 23
Mars and Jupiter make you decisive, which gives you the edge over those who cannot make up their minds. That's supposing that you make the correct decisions. You will.

♎ Libra
Sept. 24 - Oct. 23
Take time out of your schedule to offer a hand to a loved one who clearly needs assistance. Your kindness will be greatly appreciated, and noted, and one day will come back to you.

♏ Scorpio
Oct. 24 - Nov. 22
No matter what tasks you have to perform over the next 24 hours you will tackle them with gusto, then go looking for more problems to solve. You're in the groove and your creative juices are flowing.

♐ Sagittarius
Nov. 23 - Dec. 21
Negative thoughts are counter-productive: The more you worry about something the more likely it is to happen. Keep that thought in mind at all times today, especially on the work front.

♑ Capricorn
Dec. 22 - Jan. 20
If something goes out of your life, don't try to hold on to it. Mars and Jupiter are urging you not only to let go of the past but to pick it up and hurl it out of the door. Time to move on to something better.

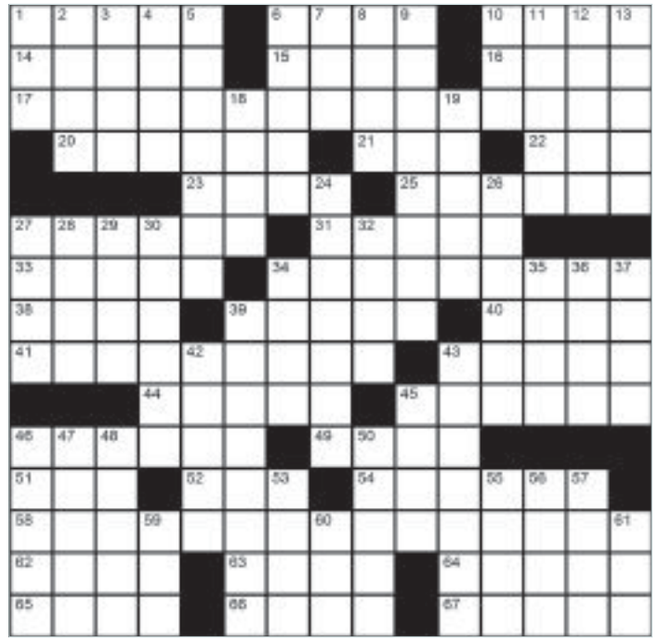
♒ Aquarius
Jan. 21 - Feb. 19
Make an effort to get out and meet people today. You need some fun and laughter in your life and you won't get it from waiting. Be the sort who makes things happen.

♓ Pisces
Feb. 20 - March 20
It's unlikely you will be in a serious mood today and that's good, but some people may take it as a mark of disrespect. Well, too bad. They'll have to live with it. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

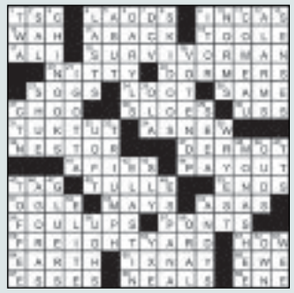
BY KELLY ANN BUCHANAN



Across
1. Bible: Abraham's offering to God
6. Shout
10. Queen's 'Bohemian', e.g.
14. Workday food time
15. Jai's friend
16. Wish
17. 1961 Pierre Berton book classic, with The: 4 wds.
20. Welcomes a client at reception: 2 wds.
21. Pub serving
22. Daze
23. Headland
25. Kevin __, Canadian on "Shark Tank"
27. Required
31. Hammers and saws
33. Rat's retreat
34. Site of Newfoundland's oldest surviving lighthouse, also North America's most easterly land point: 2 wds.
38. Spin
39. Sacred choral piece
40. Montreal-born actress Ms. Lee
41. Getaway from The White House: 2 wds.
43. Waist circumference
44. "Jump" by Van Who?
45. Marching bands gear
46. Community in southern Ontario north of Waterloo
49. Friends of '-Fis'
51. Cacharel perfume
52. AOL exchanges
54. Silent-movies-to-talkies flick, "The __"
58. In Canada, as examples... No Frills, PriceSmart Foods and Food Basics: 2 wds.
62. Approximately: 2 wds.
63. Weight allowance
64. Prince Charles' realm
65. Cry
66. "My word!"
67. "__, __ ...that's where you've got it wrong..."

Down
1. They, in Tadoussac
2. Does lawyering
3. 'Accept' suffix
4. Territorial measure
5. Country singer Kenny
6. Dullsville declarations
7. Fitting-here gr.
8. Ms. Spencer of "Good Morning America"
9. BC district on the Fraser River
10. Pi's follower
11. Teamsters leader Jimmy (b.1913 - d.????)
12. "I am just _ __ boy..." - Simon & Garfunkel, "The Boxer"
13. Buddy Holly's "__ Sue"
18. Even
19. Some computers
24. Drugs like Lipitor
26. Vivacity
27. Drug deal buster, commonly
28. Philosopher, Zeno of __
29. Pre-HS
30. Mount Parnassus overlooks this 'oracle' city in Greece
32. Newspaper piece, __-__
34. Quathiaski __, BC
35. 12-star coin
36. Memo notation, for short
37. Hurrays!
39. Arctic dog, Alaskan __
42. Racecar driver Mr. Franchitti
43. Historic neighbourhood of Vancouver
45. Whirring sound
46. Fund
47. France's longest river
48. En __ (All together)
50. Confined amidst bars
53. Hosiery annoyance
55. Flight-related UN Agency based in Montreal [acronym]
56. Salts, in Sherbrooke
57. Lumberjack's target
59. Police officer
60. __-la-la
61. Opposite NNW

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1	2					7		8
	4	9	6				3	2
3			5	2			9	
			9		3	8	6	
		3		6		2		
	6	4	1		2			
	3			9	7			4
4	5				6	9	2	
7		2					1	3

Yesterday's Sudoku

1	8	2	5	4	6	7	3	9
9	5	6	1	3	7	2	8	4
4	7	3	9	2	8	1	5	6
7	4	5	6	8	3	9	1	2
2	1	8	4	9	5	3	6	7
3	6	9	2	7	1	8	4	5
8	9	1	7	5	4	6	2	3
6	2	4	3	1	9	5	7	8
5	3	7	8	6	2	4	9	1

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